

**Governor's Committee on Aging
Meeting Minutes
September 13, 2013
10:00 AM – 3:00 PM**

Lake Region Human Service Center – Conference Room
200, Hwy 2 SW, Devils Lake, North Dakota

GCoA Members: Gene Hysjulien (Chair), Ray Siver (Vice Chair), Marty Heller (Secretary), Betty Keegan, Bonnie Bieber, Dallas Knudson, Delores Rath, Peter Belgarde, Marsha Lemke

Presenters/Guests: Sheryl Pfliger (Aging Services Division), Mary Weltz, (RASPA, Lake Region Human Service Center), Mini Flinn, Cathy Saele-Odendaal (Devils Lake Senior Meals & Services)

- 1. Call to Order** – Gene opened the meeting at 10 am.
- 2. Welcome & Introductions** – Sheryl Pfliger introduced our new GCoA member, Marsha Lemke and the committee introduced themselves to Marsha.
- 3. Budget Report** – Sheryl reviewed the GCoA budget. Remaining in the GCoA two year budget is \$4993.30 dollars. June 2013 is the end of the biennium and the remaining budget amount is automatically returned to the state general fund. Ray made a motion to approve the budget report; Delores second, motion carried.
- 4. Meeting Minutes the June 2013 GCoA minutes.** Bonnie made a motion to approve the minutes; Delores seconded, motion carried. The committee requested that the GCoA meeting minutes be issued via email instead of sending a hard copy report.
- 5. Member Update** – New member Marsha Lembke is from region 7. Sheryl handed out a new GCoA membership list. Any changes/updates should be sent to Diane at Aging Services Division. Need GCoA committee members from Region I – Williston, Trenton Indian Service Area, and Ft. Berthold (Three Affiliated Tribes). We need to seek new members.
- 6. Aging Services Division Report (Sheryl Pfliger):**
 - **Federal Update:** As of 9/11/2013, the House of Representatives is considering a Continuing Resolution (CR) to fund the government through mid-December, at which time they would consider another

resolution to fund the government through the rest of fiscal year 2014. The CR would extend sequestration cuts at 5% but no higher. Cuts have not impacted state services yet, but if sequestration continues into 2014 services may have to be reduced. About \$5 million comes from the Older Americans Act.

- **Medicare Part D:** Open enrollment is from October 15 through December 7, 2013 for the 2014 policy year that begins January 1, 2014.
- **Older Americans Act (OAA) Reauthorization:** The OAA has expired so currently there is no law. Amendments are being discussed by the Senate HELP Primary Health and Aging Subcommittee staff in bipartisan negotiation talks. It is hoped that the Committee will take up the bill this month.
- **State Updates:** Jan attended the Meals on Wheels Association of America (MOWAA) conference. Main message - We are on shifting ground; change is the constant. New information indicates in 15 - 20 years there will be a shortage of care givers with the baby boomers as the client. Other topics included: **Health Care Reform:** Need to align our core services with health care providers; focus is on personal care. **Services:** Where will the boomers go for services - need to gear up to meet their needs.
- **Vulnerable Adults Law:** Since the law was implemented, 129 calls in July and 163 calls in August. Without the law these issues most likely would not have been reported.
- **Stakeholder's Meetings:** ND Department of Human Services will be hosting meetings in the eight largest communities across the state in September to gather information about local and regional human service needs and priorities. The department invites consumers of its services, health and human service providers, advocates, and other interested individuals to participate. This type of meeting is held every two years to engage stakeholders about community needs and concerns as well as successes that are making a difference in the lives of North Dakotans.
- **GCOA 2013 Regional Forum Reports:**
Region III - Betty Keegan reported that the forum was held August 16, 2013 at the Spirit Lake Casino & Lodge. Approximately 94 people attended. Excellent service and outstanding food from the casino. Some of the attendee feedback requested this type of forum be held every year; overall the feedback was very positive.

Topics were: Hydration - It's Not Just a Drop in the Bucket, Suicide – Suicide in the Aging Population. Sleep – Problems Related to Sleep Disorders, Exercise - Move It or lose It.

Region VI – Delores Rath reported that the forum was held Sept 10th, 2013 at the Carrington Senior Center – 37 participants. Topics included: Planning for Health Care – Making your Wishes Known, Current Issues for Veterans, and Cooking for One. Delores suggest another topic that should be on a future agenda - mixing alcohol and medicine.

Region VII - Sheryl Pfliger reported that Elaine Keepseagle continues planning efforts to hold a forum at Standing Rock. Cynthia LaCounte, Director of the Office of American Indian, Alaska Native and Native Hawaiian Programs, Administration on Aging is scheduled to visit in early October. Elaine is working to coordinate her visit with the forum.

Region IV - Ray Siver reported that the forum will be held September 23rd, 2013 at the Grand Forks Senior Center. Scheduled topics include: Hot Topics in Nutrition, Six Tips for Healthier Living.

Region II - Dallas Knudson reported that the forum will be held September 17th, 2013 at the Mohall Senior Center. Scheduled topics include: Add flavor to your food in a Healthy Way, Safe Medication Use and Food & Drugs.

Region VIII - Bonnie Bieber reported that the forum will be held September 17th, 2013 at the Dickenson Hillside Baptist church. Scheduled topics include: Schemes, Scams, and Flimflams; Options Counseling; Brainpower, Brain Health; What's on Your Plate, Food is More than Something to Eat, and Are You Getting Better with Age.

- 7. GCoA Work Plan for January – December 2013 (Dallas Knudson):** (Please bring your Work Plan documents to the meeting). The work plan is a roadmap and outlines goals of the GCoA committee for 2014. Reviewed our draft work plan with the committee. Requested Sheryl and Jan Engan to add the State details to the 2014 work plan and send it to the committee members prior to the next meeting. Then the committee members will review the work plan and adopt it for the 2014 year.
- 8. Logo for the Governor's Committee on Aging (Bonnie Bieber):** Gathered information about logo that represents the committee. Bonnie doesn't think we are very well represented and most North Dakotans are not aware of the GCoA committee. Need a logo that is

small but identifiable. Procurement process would have to be followed; the logo would have to be approved by the Governor's office. After much discussion, a decision was made to hold off on a logo at this time.

Marsha made a motion to update the brochure with a mission statement. Press releases shall be issued before and after the meeting. The after press release is contingent upon Aging Services approval. Ray seconded, motion carried. Thinking about sending the brochures to approximately 280 senior centers, nursing homes, hospitals, etc.

9. Next Meeting – December 13th at Edgewood Vista, Bismarck.

10. Other Agenda Items:

- Reviewed the GCoA committee attendance list and most members have been attending the quarterly meetings. Marty will contact two members that haven't attended the last three meetings and see if they plan to continue serving on the committee.
- Discussed inviting someone from the Governor's office to our next meeting to discuss some issues and get some committee direction from them.
- Plan to invite Jolene Cline to the next meeting to discuss senior housing.
- Bonnie would like the Meeting Minutes mailed to her when she is out of state for the winter. In addition, she would like to be included in the meeting via Skype if this is an option.

11. Meeting Hand Outs – Distribute the following documents to the GCoA committee members along with the Sept 2013 Meeting Minutes.

- New GCoA membership list
- NDHS Stakeholders Meetings in September
- Governors Forum on Aging Final Report & Brochure
- Region VI Governor's Form on Aging.

12. Adjournment: Delores made a motion to adjourn at 3pm; Ray second, motion carried.